



Yeehah! Wendy's introduces another healthy alternative to "Fast Foods"

Wendy's Restaurants, located in Palm Beach, on the L.G. Smith Blvd just outside Oranjestad and in San Nicolas has added a new sandwich to their frescata line of healthy choices. Aside from fresh salads, they now offer along with their "Roasted Turkey & Swiss," "Frescata Club Sandwich," and "Black Forest Ham & Swiss" The Chunky Chicken Ranch." All the help at the boulevard branch, including manager Roberto Yara were in cowboy mode for the introduction of this tasty sandwich consisting of chunks of white meat chicken mixed with celery, onions, and low fat Dijon Ranch Dressing on a fresh frescata bun with ripe tomato and crispy lettuce. Yum!

Mix that with a no calorie drink such as Diet Coke, Ice Tea or a bottle of AWA, accompanied by a choice of salad or other side dishes and you have a quick, tasty, and healthy lunch. Joining Robert for the introduction of the new sandwich was Willy Willems of IDEFRE to announce a Fun, Run and Walk on Sunday, May 20, which is sponsored by Wendy's.

The May fun walk is organized by the Brazil Tae Kwon Do in cooperation with IDEFRE and will be in two parts, a "Kid's 1 mile" starting at 4:30 P.M. and a "5k Run & Walk" starting at 5:30 P.M. There will be first, second and third place medals in four age groups and male and female divisions in both races, with an additional over fifty masters group in the 5k race. The start and finish line is located in the Wendy's parking lot of their San Nicolas Restaurant.

There will be additional prizes for groups of runners that are "Most Animated," "Largest Group," and "Best Uniforms." Willy Willems commended Wendy's for not only offering healthy alternatives to fast food in their restaurants, but also encouraging youth to be active and exercise, and important part of a healthy lifestyle. For more information about the fun run/walk, or to register, contact Willy at telephone #582-4987 or stop by the IDEFRE office located in the Certified Mega Mall.